of 500 to 4,000 g/mol; cis/trans-1,4-bis(hydroxymethyl)cyclohexane; 1,4-bis(hydroxymethyl)benzene; 1,4-bis(2-hydroxyethoxy) benzene; or 2,2-bis[4-(2-hydroxyethoxy)phenyl] propane.

24. The method of claim **22** wherein the mol ratio of said diol to said diisocyanate is n to n+1, n being from 1 to 15.

25. A block polyurethane amide which is the reaction product of the method of claim **1**.

26. An injection molded or extruded shape of the amide of claim **25**.

27. The method of claim **10** wherein said component is a dicarboxylic acid having 6 to 36 carbon atoms combined with a diamine having 6 to 36 carbon atoms.

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